






Bucksport Senior Center Meals Program Meals Prepared by R.S.U. #25 Staff Please Make checks payable to R.S.U. #25 Please call in advance as soon as you know you are able to attend to allow us to plan enough meals for the day. Please call by 9:00am to reserve or are unable to attend after a reservation is made. The meals are served 11:30 a.m. at the Senior Center @ 125 Broadway
Call 469-3632 for information or reservation.

November 2013		<u>Friday November 1st</u> Chicken Pot Pic Stuffing, Cranberry Jell-O w/ topping	Meals Subject to Change with out Notice
<u>Monday November 4th</u> Baked Tilapia Rice Pilaf, Fresh Veggies with Dip Mixed Fruit w/yogurt	<u>Wednesday November 6th</u> Baked Chicken, Cranberry French Green Beans Oatmeal Raisin Cookie	<u>Friday November 8th</u> Stuffed Shells, Marinara Sauce, Caesar Salad Garlic Bread, Hawaiian Dream Cake	1% Milk Served with all meals
<u>Monday November 11th</u>  Thank you	<u>Wednesday November 13th</u> Roast Pork Old Fashion Mashed Potato Zucchini & Summer Squash Cookie	<u>Friday November 15th</u> Baked Ham Sweet Potato, Broccoli Frozen Yogurt	
<u>Monday November 18th</u> Lasagna w/Spinach Garden Salad, Bread, Pumpkin Choc Cookie	<u>Wednesday November 20th</u> Homemade Chicken Vegetable Soup Biscuit Brownie w/ Ice Cream	<u>Friday November 22nd</u> Baked Haddock Rice Pilaf, Spinach Baked Custard	
<u>Monday November 25th</u> Roast Turkey w/stuffing Green beans, Sweet potato Rolls Cranberry Sauce Mini Choc Cream Pie	<u>Wednesday November 27th</u>  No Meal	<u>Friday November 29th</u>  No Meal	Avoid Slipping on Ice Dress for Warmth Fight Wintertime Depression Check the Car Prepare for Power Outages Eat a Varied Diet Prevent Carbon Monoxide Poisoning